



MANDARA  
— SPA —

WALT DISNEY WORLD DOLPHIN



*Mandara ....*

A sacred mythological  
mountain.

A symbol of eternal youth.

A spa.



**The name Mandara** comes from an ancient Sanskrit legend about the gods' quest to find the elixir of immortality and eternal youth. With roots in Bali and Indonesia and influences from North America, our exotic spa treatments reflect the beauty, spirit and traditions of both Eastern and Western cultures.

To ensure you begin your therapies calm and relaxed, Mandara Spa at the *Walt Disney World Swan and Dolphin* features a Meditation Garden featuring a mystical Meru Temple. Throughout Asia, the Meru Temple is symbolic of the mythological Meru Mountain, the most sacred center of the universe and abode of the gods.

In Zen Buddhism, the Tea Ceremony is a meditation ritual of the Zen Master. In honor of this ancient philosophy, Mandara Spa has created a Tea Garden that features an Asian Bale. Here guests can sip refreshments and enjoy the mystical ambiance while waiting for their treatments.

**Come. Immerse your senses in opulence.** *Namaste.*

# *Spa Director's Recommendations...*

The following new treatments focus upon providing great results after just one treatment.



### **Gentle Touch Tooth Whitening**

This new revolutionary tooth whitening system offers you a cleaner, whiter smile in just 40 minutes. Our procedure is so relaxing, don't be surprised if you fall asleep. We use specially formulated Gentle Touch Gels that are activated by the Gentle Touch Whitening Light. There is no heat or laser used with this treatment. You can maintain your new bright smile with the Appera Brush On Enhancer. Simply use it once a week.

### **Miracle Micro-Therapy**

This is the only Microdermabrasion system that uses natural Baking Soda Crystals along with a high speed buffer to safely and efficiently remove dead skin cells, lighten blemishes, age spots, sun spots and scars and reduce the appearance of fine lines.

### **La Thérapie HydraPeel**

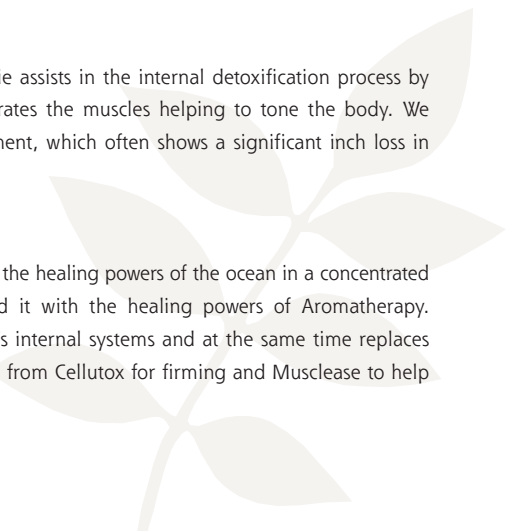
Using specific Glycolic preparations for your skin type, the La Thérapie HydraPeel is the perfect way to resurface your skin showing an immediate difference in the appearance of lines, wrinkles and scarring.

### **Ionithermie Cellulite Reduction Program**

An essential part of your fitness plan, Ionithermie assists in the internal detoxification process by drawing out toxins, while faradic stimuli invigorates the muscles helping to tone the body. We measure your body before and after your treatment, which often shows a significant inch loss in the area treated.

### **Elemis Aroma Spa Ocean Wraps**

With our Aroma Spa treatments we have captured the healing powers of the ocean in a concentrated formula of freeze dried seaweed and combined it with the healing powers of Aromatherapy. Naturally these wraps help to detoxify the body's internal systems and at the same time replaces vital trace elements back into the system. Choose from Cellutox for firming and Musclease to help resolve sore joints and arthritic pain.



# Mandara Facial Elixirs...

Let the joy of youth embrace your very being and radiate within you like the eternal sun.

## **Elemis Visible Brilliance Facial**

Independently tested with revolutionary results, this anti-aging face and eye treatment instantly firms, rejuvenates and plumps up the skin while reducing dark circles from around the eye contour. Moisturize levels of the skin are proven to increase by up to 38% and elasticity by 28% after just 1 treatment. This treatment includes a luxurious hand, arm and scalp massage. 50 minutes

## **Elemis Pro-Collagen Marine Facial**

Providing immediate results in the fight against time, this exceptional face and eye treatment helps to slow down the signs of premature aging, reducing the appearance of fine lines and wrinkles on the face and crows feet around the eye contour. Skin will have a more youthful appearance after just 1 treatment. This treatment includes a luxurious hand, arm and scalp massage. 50 minutes

## **Elemis Oxygen SkinCalm Facial**

This face and eye treatment is pure soothing heaven for sensitive skins. Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalance delicate, fragile and sensitive skins. Reduces redness and offers immediate comfort to stressed skin. This superior treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate in advanced skin-therapy. 50 minutes

### **Elemis Urban Cleanse for Men**

The deep complexion cleanse and complete skin detox. This super-grooming, deep cleansing facial decongests the skin, working overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralize impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean. 50 minutes



# *For seekers of eternal youth...*

Beauty is deeper than your skin. But that is where it surfaces.

## **La Thérapie HydraLift Facial**

A fully qualified aesthetician will carry out a thorough skin analysis and consultation in order to prescribe the most beneficial products. Galvanic Frequency is used to encourage active ingredients to deeper layers of the skin where cell renewal takes place and the stimulating effects of High Frequency boost the circulation and enhances oxygen absorption, whilst creating a protective, antibacterial layer on the skin. The results are a deeply cleansed skin, smoothed and hydrated – "Skin Perfection." 50 minutes

## **La Thérapie HydraPeel Facial**

Safe for all skins, unbuffered Glycolic preparations offer immediate, visible results for aging, sun damaged, acne-prone and hyper-pigmented skin. Following a thorough skin analysis and consultation you will be prescribed a treatment regimen appropriate for your specific needs. Results are immediate. After one treatment lines, wrinkles and scarring appear finer and lighter. 50 minutes

## **Miracle Micro-Therapy**

Micro-Dermabrasion has gained the reputation of being the most effective non-invasive face therapy for the softening of fine lines, skin discoloration, enlarged pores, sun and age spots and scarring. Miracle Micro-Therapy gently and yet effectively helps you achieve skin perfection by using Baking Soda crystals to exfoliate the skin's surface layer. So gentle, it can be used on the delicate areas on the mouth and eyes. See and feel a difference immediately. 30 minutes

### **La Thérapie Intensif Age Zone Treatment**

Choose any two intensive treatments from the list below to create your own personalized Age Zone Treatment for areas vulnerable to premature signs of aging.

**Intensif Eye Treatment** Patented antioxidants target visible signs of aging to effectively diminish fine lines and wrinkles and reduce dark circles.

**Hydra Lip Intensif** Potent antioxidants increase collagen production to plump out and enhance the contours of the lips.

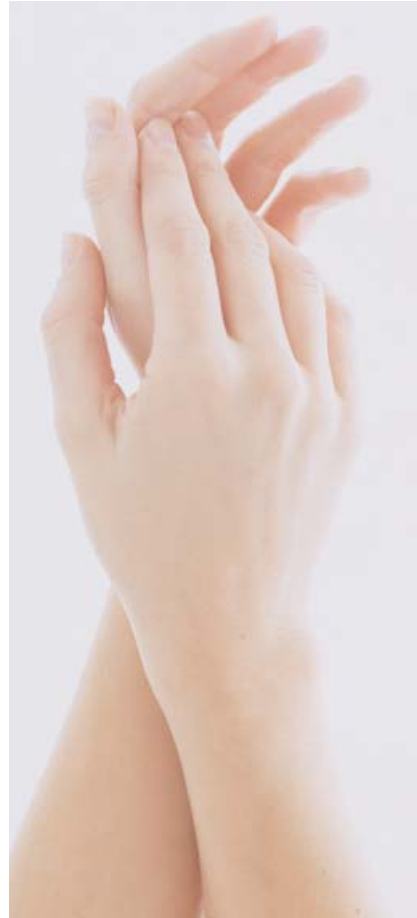
**Hydra Neck Intensif** The power of Caviar extracts is used to help lift and firm delicate skin around the neck and décolleté.

**Hydra Peel Hand Treatment** A combination of Dermatological products effectively resurfaces the skin to reduce brown spots, dryness and signs of aging.

**ADD  
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### **La Thérapie Intensif Vitamin Anti-Oxidant Treatment**

To maximize the full potential of any La Thérapie Facial, supplement it with a powerful dose of vitamin protection. These potent Vitamin C and Vitamin A anti-oxidant serums provide superior free radical protection for the ultimate anti-aging boost. Exclusively patented formulations offer solutions for fine lines and wrinkles, scarring and blemishes.





# Mandara Body Consciousness...

Your body is pure intelligence. It reflects you. Isn't it time you were good to yourself?

## **Elemis Exotic Coconut Rub and Milk Ritual Wrap**

A ceremony of pure sensuality to tantalize and delight! A traditional Balinese recipe with Coconut, Mungbean, Spices and Lavender polishes the skin, while the exotic body oil indulges your senses. Bask in the ritual as warm Milk Bath is poured over your entire body before being cocooned in a comforting foil wrap. The healing ritual combines comforting opulence with pure unadulterated pleasure for women and men. The ritual is completed by a traditional massage. 75 minutes

## **Exotic Frangipani Body Nourish Wrap**

This wrap blends fragrant Coconut and Frangipani Flowers to produce Monoi oil traditionally used by the beautiful Polynesian women to keep their skin soft and their hair conditioned. After the powerful potion is massaged into your body, you are wrapped to let the ingredients absorb into your skin, before being indulged with a 50 minute massage. 75 minutes

## **Elemis Exotic Lime and Ginger Salt Glow**

This exotic exfoliation ritual invigorates and brings vitality to your face and body. After light body brushing, warm oil is dripped luxuriously over your body, before our sublime Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed, polished and softened to perfection. For the ultimate indulgence this treatment includes a 50 minute massage. 80 minutes

## **Traditional Javanese Lulur**

A traditional cleansing ceremony practiced in the palaces of Java since the 17th century. An authentic polish of Turmeric, Red Rice, Fenugreek, Jasmine, Cempak and Ylang Ylang gives the skin a spicy aroma and leaves it sensuously smooth. The ritual is completed by a traditional massage. 80 minutes

# *Detoxify, purify and tighten...*

True change starts behind the scenes. With detoxification, firming and toning all begins beneath the skin before results are witnessed in a firmer, more vital body.

## **Ionithermie Cellulite Reduction Treatment**

An effective, non-invasive way to reduce the appearance of cellulite, tone the body, and give the skin a smooth, healthy appearance. Products rich in Algae, Kelp, and Ivy are applied to the skin. Warm natural clay infused with Algae is applied and electrodes are placed in specific areas on the body. Galvanic and Faradic stimuli are applied, propelling the active ingredients into the skin and toning the muscles. 90 minutes or a course of 3 or 5

## **Elemis Cellutox Aroma Spa Ocean Wrap**

Combining the richness of sea plants and marine Algae with Aromatherapy, this treatment is deeply detoxifying at all levels for women and men. A warm seaweed body mask containing a synergy of cleansing Juniper and Lemon Essential Oils is applied to your body before you are cocooned in a comforting foil wrap. Let your thoughts drift away while you have a soothing face and scalp massage and let the active ingredients work to detoxify, decongest, and stimulate your body systems. 50 minutes

## **Elemis Musclease Aroma Spa Ocean Wrap**

The power of Aromatherapy is combined with the riches of the ocean to give women and men a deep muscle warming treatment. A heated seaweed mask containing a warming blend of Pine and Rosemary Essential Oils is applied to your body before you are cocooned in a comforting foil wrap. Let your thoughts drift away while you enjoy a soothing face and scalp massage and let the active ingredients work to ease arthritis, fatigue, and muscle spasm. 50 minutes

# *Rites of Massage...*

A decorative graphic of a branch with several light-colored, stylized leaves is positioned in the upper right corner of the page, extending from the top edge towards the center.

The Mandara Ritual begins as we invite you to choose the aroma that appeals the most ...

*Harmony* to re-balance... *Tranquility* to de-stress... *Island Spice* to uplift...

## **Elemis Deep Tissue Muscle Massage**

Excessive physical activity can cause deep muscular and joint distress. This massage helps to warm and relax the muscles and improve range of motion. Enjoy before physical activity to increase flexibility and afterward to help the speedy recovery of strained muscles. 50 minutes

## **Swedish Massage**

Indulge in this authentic massage style influenced by ageless traditions. Your choice of our signature aromatherapy oils is applied using palm pressure and stretching techniques to bring you waves of muscle relief and fathoms of deep relaxation. 50 minutes

## **Elemis Aroma Stone Therapy**

In Bali it is believed that "batu" stones are filled with vitality and energy of the water that flows over them in an eternal stream. Harnessing the properties of the volcanic basalt stones, we bathe them in warm water and anoint them with spicy, sensual aromas of the Orient. Small stones are placed on key energy points on the body, evoking an aura of warmth, while the deep penetrating heat from the stones is used to massage the body using traditional techniques to soothe away stress and to relieve muscle aches. 75 minutes





### **Balinese Massage**

A traditional Balinese Massage using a combination of stretching, acupressure and Swedish massage techniques. 50 minutes

### **Mandara Four Hand Massage**

This is Mandara Spa's signature treatment. Two therapists working on you simultaneously in synchronicity – and serene silence. The ultimate indulgence! 50 minutes

### **Reflexology Massage**

This massage is based on the ancient belief that each organ in the body corresponds to a reflex point in the foot. Using gentle thumb and finger pressure-point massage, the therapist releases blockages and re-establishes the body's energy flow. 50 minutes

### **Time For Two Massage**

Indulge together and enjoy a 50 minute aromatic massage side by side. You may then relax in your private Hydrotherapy Jacuzzi tub for an additional 30 minutes. We give you a bottle of Elemis Exotic Frangipani Monoi Moisture Melt to take home for future indulgence. Bliss x 2! 80 minutes

### **Nurturing Massage for Mother-to-Be**

The nine month journey of nurturing is a special time, connecting with the mother through the power of touch, working with two heartbeats as one. Tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. Specialized positioning on our unique beanbag is used to ensure the ultimate in comfort and relaxation. 50 minutes



ADD  
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## *Massage Add-Ins...*

### **Conditioning Foot Treatment**

An indulgent treat for the feet that rejuvenates and revitalizes.

### **Frangipani Hair and Scalp Conditioning**

Restores luster to the hair and scalp as the exotic Frangipani Monoi Oil penetrates and nourishes.

### **Massage Over-Time**

When 50 minutes are just not enough... or when you have just had a facial and you just want that extra 30 minutes of R&R... that is what Massage Over-Time is for. You can add on 30 minutes to any treatment you want.

# Mandara Rituals...

A Mandara ritual is a blessing that caresses your entire being.

## **Sunrise Awakening**

Exotic Lime and Ginger Salt Glow, Balinese Massage (50 minutes) and Elemis SkinCalm Facial. 3 hours

## **Nirvana<sup>2</sup>... Bliss for a Day**

Surrender to your own oasis with the Exotic Frangipani Body Nourish Wrap, Aroma Stone Therapy, Pro-Collagen Marine Facial, Blow Dry, Spa Manicure and Spa Pedicure. Approx. 5 hours

## **Javanese Lulur Ritual**

Traditional Javanese Lulur (50 minutes), Mandara Four Hands Massage (50 minutes) and Ceremony of the Hands and Feet. 3 hours and 30 minutes

## **Zen and the Art of Golfing**

Get in the zone with the following treatments to help you focus on the game. Includes: Elemis Urban Cleanse for Men, Elemis Deep Tissue Muscle Massage (full body), Men's Sports Manicure and Pedicure. Approx. 3 hours and 30 minutes



# Mandara Salon Specialties...

## **Mandara Frangipani Hair and Scalp Conditioning**

We use rich Frangipani Monoi Oil, legendary for its ritual uses in Tahiti. Today, the beautiful Tahitian women use it over their hair and skin for its exotic fragrance and nourishing qualities. After cleansing your hair, we massage the scalp with this precious ingredient to ease away stress and give the hair a vibrant, healthful shine. To ensure the full benefits are received, we wrap the hair in a warmed towel. Add this to any hair service.

## **Exotic Hand Ritual**

This ritual is pure indulgence for your hands and nails. Warmed aromatherapy oils nourish and condition, while the sublime sensation of a milk bath lavishes its richness and healing action on your skin. Includes a traditional manicure. 45 minutes

## **Ultimate Spa Manicure**

The nails are cleaned, filed and buffed before we exfoliate the hands with gentle loime crystals. We then apply a hot towel wrap that delights your senses with citrus infused finishing lotion and a relaxing hand massage, completed with polish of your choice. 30 minutes

## **Sole Delight**

Pampering for your hands, nails and feet that restores beauty and suppleness. The combination of warmed aromatherapy oils, a skin-nourishing milk bath and Exotic Frangipani Monoi Oil lavish healing action on your skin. Includes a traditional pedicure. 60 minutes

## **Ultimate Spa Pedicure**

It's time to fuss over your feet. Indulge them with the Ultimate Spa Pedicure. We dip your feet in a warm ocean of foaming sea soak to invigorate circulation, then we slough away dry skin with a sea scrub and nourish with a Marine Mask. Your feet will feel like they're on cloud nine! 60 minutes

## **Ceremony of the Hands and Feet**

Indulge in the Exotic Hand Ritual and Sole Delight together. Your hands and feet will be in seventh heaven. 120 minutes



### **Gentle Touch Tooth Whitening**

Our Gentle Touch Tooth Whitening treatment is the safest, most effective system available. By using an FDA approved non-toxic gel, your teeth will be visibly whiter after just one session. Other professional tooth whitening systems cost several hundred dollars and use peroxides that damage tooth enamel. With our cost-effective whitening treatment, you will see instant results without harming your teeth. Consultations are free.



# YSPA *Teen Program...*

It's time for Y, the generation that is coming of age in the dawn of the 21st century. Being a teen is very stressful. So Mandara Spa offers a menu created especially for teen-stress. Dating blues... exam anxiety... just one or two treatments and all worries are forgotten. Don't ask YSPA? Ask YNOT.

## **YCARE FOR YOUR BODY**

### **Heavenly Massage**

Massage away school blues with this 25 minute Aromatherapy back massage. 25 minutes

### **Mother and Daughter Paradise Massage**

Learn the art of indulgence from mom. Be pampered together as you enjoy a massage side by side. Priced for two. 25 minutes or 50 minutes

### **Father and Son Chill Out Massage**

This massage offers a great way for you to chill out together after a day of adventures. It will also rejuvenate you for the excitement to come. Priced for two. 25 minutes or 50 minutes

### **Fake Bake**

Enjoy an invigorating exfoliation treatment followed by an application of the Elemis Self Tanning Cream for a delicious bronzed glow on the face and body. We promise not to tell. 50 minutes

### **Surfers Scrub**

Whether you prefer surf or turf, this treatment will refresh you after a day of activities. Surrender to this exfoliating treatment for the body and let our mixture of fresh limes, lemon and ginger energize you for the fun ahead. 25 minutes



## YCARE FOR YOUR FACE

### **Fabulous Fruity Facial**

This fruity facial uses an organic mixture of fresh fruits. Combined with the power of touch, this facial is deep cleansing, moisturizing and nourishing and quite literally a tasty treat for your skin. 50 minutes

### **Acne Attack Facial**

Spots a problem? Blast them away with our revolutionary oxygen facial. 50 minutes

## YCARE FOR YOUR HAIR

### **Beach Babe**

Deep conditioning hair ritual followed by French braid.

### **Stylin' Session**

Funky cut and color after a personalized consultation with your stylist.

## YCARE FOR YOUR HANDS & FEET

### **Magical Manicure**

Manicure with or w/o polish. Upgrade to a French Manicure for only \$5 more! 25 minutes

### **Sole Mate**

Pedicure with polish. Upgrade to a French Sole Mate for only \$5 more! 45 minutes

## *Special Services...*

**The Gift of Mandara** Gift Certificates are available for all services and spa packages and may be requested by calling 4772 from your room or 407-934-4SPA (4772) from outside the *Walt Disney World Swan and Dolphin*. Gift Certificates are packaged in an attractive gift envelope ready for presentation. At your request, we will mail Gift Certificates to the designated recipient. We will also customize special packages for you.

**Group Co-ordinator** If you are bringing a group to stay at the *Walt Disney World Swan and Dolphin*, don't forget to pre-plan spa arrangements for your guests. Our Group Co-ordinator will be happy to ensure your spa appointments are scheduled, and that you and your group are indulged completely. Please call us at 407-934-4SPA (4772) to find out about our group programs.



## Spa Policy...

**Appointments** To make an appointment you may call our spa directly from the *Walt Disney World Swan and Dolphin* by dialing 4772. If you are calling from outside the resort dial, 407-934-4SPA (4772) or for more information go online at [www.swandolphin.com/mandaraspaspa](http://www.swandolphin.com/mandaraspaspa). We are located at 1500 Epcot Resorts Boulevard, Lake Buena Vista, Florida 32830. A major credit card is required to hold your reservation. We suggest making spa appointments in advance; however, we will always do our best to accommodate our guests.

**Cancellation** If you need to cancel a reservation or reschedule one, we require 4 hours notice for individual appointments and packages. Appointments cancelled in less than the required time will be billed 100% of published tariff of each service.

**Check-In** Please arrive 15 minutes ahead of your scheduled reservation. This allows time for a leisurely check-in, a change of clothes, and a few moments to relax into the experience that awaits you. To keep the serenity of the spa, we ask that you turn off your cellular phone upon arrival. Please present all Gift Certificates and promotional coupons at check-in.

**Refunds** You can exchange unopened products within 15 days of purchase if you have a receipt. We cannot exchange opened products.

**Gratuity and Service Charges** An additional 18% service charge will be added. Prices and services subject to change without notice.

## **Mandara Spa**

Walt Disney World Dolphin

1500 Epcot Resorts Boulevard

Lake Buena Vista, FL 32830

407-934-4SPA (4772)

**[www.swandolphin.com/mandarasp](http://www.swandolphin.com/mandarasp)**